

Ranger-led Programs and Activities
June 14 through June 27, 2009

National Park Service
U.S. Department of the Interior



Join us for a variety of ranger-led programs, from easy walks and evening talks, to boat tours and all-day hikes.

Ranger-led Activities Schedule

What to Bring Hiking!

- Sturdy foot gear is a must for all but the very easiest of hikes. Everyone should have good boots, with strong support, to help prevent ankle injuries.
- Bring water with you! The mountains can get very hot in the summer. Surface water in the park may be unsafe to drink.
- Mosquitos and flies can be bothersome. Come prepared with repellent to meet some of Glacier’s smaller wildlife species.
- A day of hiking can expose you to more sun and UV rays than normal. Wear a hat and sunscreen. It will help keep you cool and prevent a sunburned scalp!
- Weather can change quickly. Come prepared with rain gear for summer showers.
- Bring something to eat while you are in the backcountry. If you are on an all-day hike or a hike over the noon hour, you’ll get mighty hungry without lunch. Remember, if you pack it in, pack it out.
- Children are welcome on interpretive activities, but should always be accompanied by an adult.
- Come prepared to have a great time!

Take a Glacier Institute “*Learning Gone Wild*” Course

The Glacier Institute provides innovative outdoor education programs within and around Glacier National Park.
For information on times, locations, and prices of these courses, please contact:
The Glacier Institute
P.O. Box 1887
Kalispell, MT 59903
406-755-1211
www.glacierinstitute.org

- Popular one-day summer courses:**
- 6/12 Spring Wildflowers along the Rocky Mountain Front - \$65
 - 6/13 Orchids:
Glacier’s Precious Beauties - \$65
 - 7/8..... Railroad History and Folklore of Glacier National Park - \$100
 - 7/18 Glaciers and Glacial Geology - \$65
 - 7/18 Glacier Close Up:
Focused Photographs - \$65

- 7/19 Nature Journaling - \$55
- 7/23 Glacier’s Grizzlies and Black Bears - \$65
- 7/26 Wildflower Wanderings at Logan Pass - \$75
- 8/8..... Geology Along the Highline – \$75
- 8/14 McDonald Creek by Snorkel:
Ecology of an Underwater World - \$100
- 8/15 Glacier’s Grizzlies and Black Bears - \$65



Examining a bear rub tree Glacier Institute photo

Glacier Park Boat Co. Naturalist Hikes

In addition to the hikes led by the National Park Service (listed inside this handout), Glacier Park Boat Co. naturalists lead guided walks in conjunction with the boat cruises at Two Medicine and Many Glacier.

- Two Medicine Cruise and Hike**
This 2 ¼ hour activity includes a scenic boat cruise on Two Medicine Lake and easy 1.8 mile round-trip hike to beautiful Twin Falls. Meet at the Two Medicine Boat Dock.
- Sun, Tues, Wed, Fri, & Sat
1:00pm & 3:00pm

- Grinnell Valley Cruise and Hike**
Meet at the Many Glacier Hotel Boat Dock for a relaxing cruise on Swiftcurrent and Josephine Lakes and easy 2 mile, round-trip walk to spectacular Grinnell Lake.
- Daily
9:00am & 2:00pm



Lake Josephine photo by Deepu Sasidharan

Kid Friendly Activities in the Park

- There are lots of great things to do with kids in Glacier National Park. Here are some suggestions.
- Visit the Discovery Cabin in Apgar Village. Stop in with children to view skins and skulls and try to complete tasks at the education stations.
 - Junior Ranger Program – pick up a Junior Ranger booklet at one of the park visitor centers or ranger stations. Have children complete the activities and go back to the visitor center for a ranger to check the answers and award the children with Glacier Junior Ranger badges.
 - Check out one of the family backpacks at the St. Mary or Apgar Visitor Centers.
 - Camp at one of the 13 Campgrounds in the park.

- Get the “Day hikes” newspaper and choose a short hike to go on. Popular hikes for children include: Trail of the Cedars, the Rocky Point Trail, Avalanche Lake, Hidden Lake Nature Trail, Baring Falls, The Swift Current Nature Trail, and Running Eagle Falls.
- Walk on a swinging bridge! Hike the South Shore Two Medicine Trail or the trail to Grinnell Lake and experience a seasonal plank and cable bridge.
- Go on a ranger-led program.
- Have a picnic at one of Glacier’s picnic areas in the park.
- Check out the different colored rock layers found throughout the park.
- Take a historic boat cruise on Lake McDonald, Swiftcurrent, Two Medicine, Waterton, or St. Mary Lakes.
- Visit one of the historic park lodges at Lake McDonald, East Glacier, Waterton, or Many Glacier.
- Go horseback riding.
- Attend a campfire program or have your own campfire, roast marshmallows, and stay up late. When the coals die down, do some star gazing.
- Go fishing.
- Rent a boat at Apgar, Two Medicine or Many Glacier.
- Find a peaceful spot to sit and listen for birds or to sketch an interesting plant.
- Attend one of the Native America Speaks programs or Two Medicine Lake Singers and Dancers programs.
- Bicycle (or hike) along the bike path between Apgar Village and West Glacier.



On the Sun Point Nature Trail photo by David Restivo

Two Medicine

	Sunday June 14	Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19	Saturday June 20	Sunday June 21	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27
Cobalt Lake Hike												8 :00am		
Old Man Lake Hike								8 :00am			8 :00am			
Scenic Point Hike		10:00am				10:00am		10:00am					10:00am	
Boat Trip & Hike to Upper Two Medicine Lake				10:30am							10:30am			
Rockwell Falls Hike							Noon			Noon				Noon
Two Medicine Lake Boat Trip & Hike to Twin Falls									1:00pm & 3:00pm			1:00pm & 3:00pm		
Native America Speaks							8:00pm				8:00pm			8:00pm
Two Medicine Campground Ranger Talk		8:00pm		8:00pm				8:00pm	8:00pm	8:00pm		8:00pm	8:00pm	

Cobalt Lake Hike
Come walk past waterfalls through flower filled meadows to beautiful Cobalt Lake. You will climb 1,400 feet as you meander through a variety of habitats. Meet at the Two Medicine Campstore.
11.4 miles (18.2km), - 8 hours

Old Man Lake Hike
Follow the Dry Fork Trail around massive Rising Wolf Mountain on this Ranger-led hike. There are opportunities to view wildflowers, traverse through several forest types and to enjoy scenic vistas as you climb steadily along slopes. Meet at Two Medicine Lake Campground Bridge at Pray Lake Outlet.
2.2 miles (19.6km) - 8 hours

Scenic Point Hike
Glaciated valleys and spectacular vistas highlight this rugged, steadily climbing hike. You will gain 2,350 feet over three miles with an alpine tundra reward at the top. Meet at the Scenic Point trailhead.
6.2 miles (9.9km) - 5 hours

Boat Trip & Hike to Upper Two Medicine Lake
Cruise scenic Two Medicine Lake and join a ranger for a gentle hike to Upper Two Medicine Lake, gaining 350 feet in elevation over 2.2 miles. Pause at Twin Falls and traverse flower filled meadows on your way to the lake. Meet at the Two Medicine Boat dock. A fee is charged for the boat ride. Return by a later boat.
4.4 Miles (7km) - 5 hours

Rockwell Falls
This moderately paced half-day hike passes Aster Falls, then gently ascend the valley beneath Sinopah Mountain to Rockwell Falls. Meet at the Two Medicine Campstore. **7.1 miles (11.2km) - 5 hours**

Two Medicine Lake Boat Trip & Hike to Twin Falls
Come join an interpreter for a short boat ride and easy hike to Twin Falls and explore Glacier’s history, wildflowers and wildlife. Meet at the Two Medicine Boat Dock. A fee is charged for the boat.
1.8 miles (2.9km) - 2¾ hours

Native America Speaks Program
Members of the Blackfeet Indian Nation will present stories and/or songs about their cultural history and traditions. Meet at the Two Medicine Campground Amphitheater. **45 minutes**

Two Medicine Campground Ranger Talk
Come join a ranger at the Two Medicine Amphitheater (Loop B, site 40) for this traditional evening program. **45 minutes**



(left to right) Sinopah and Lone Walker Mountains from Pray Lake, Boarding the launch, *Sinopah* at Two Medicine Lake, the Two Medicine Campstore



photos by David Restivo

Goat Haunt / Waterton Lakes National Park

	Sunday June 14	Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19	Saturday June 20	Sunday June 21	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27
International Peace Park Hike														10:00am



The *International* docked at Goat Haunt

photo by David Restivo

International Peace Park Hike
Hike with both U. S. National Park Service and Parks Canada Staff on this exploration of the world’s first International Peace Park. Hike across the international boundary from Waterton to Goat Haunt and return to Waterton via boat. Meet at the Bertha Lake Trailhead in Waterton Townsite at 10:00am. Although this is a moderate hike, there is some elevation gain and loss. There is a charge for the return boat trip and you should make reservations before starting the hike. Each hike is limited to 35 people, so you must pre-register at either the Visitor Center in St. Mary (406-732-7750) or the Apgar Visitor Center (406-888-7939), both in Glacier National Park or the Waterton Lakes National Park Visitor Information Centre in Waterton (403-859-5133). Reservations are only accepted for the next scheduled hike (open on Wednesday for Saturday hikes; open on Saturday for Wednesday hikes). **8.5 miles (13.6km) - 7 hours**

Travel between Waterton Lakes National Park, Canada and the Goat Haunt Ranger Station, either by boat or by foot on the Waterton Lake Trail, will require an official government issued photo identification card for U. S. or Canadian citizens or permanent residents. All others must carry a valid passport.

Starting June 1st, U. S. citizens must present documents that are *Western Hemisphere Travel Initiative* compliant, when re-entering the United States. Those documents include:

- U. S. Passport, Enhanced Drivers License, U. S. Passport Card, or NEXUS Card
- U. S. Resident Aliens must present a U.S. Resident Alien Card

Lake McDonald

	Sunday June 14	Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19	Saturday June 20	Sunday June 21	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27
Discovery Cabin								8:30am to 9:30am	8:30am to 9:30am	8:30am to 9:30am	8:30am to 9:30am	8:30am to 9:30am	8:30am to 9:30am	8:30am to 9:30am
Avalanche Lake Hike					9:00am			9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am
Fire in Glacier Walk		9:00am							9:00am		9:00am		9:00am	
Apgar Family Program								9:45am	9:45am	9:45am	9:45am	9:45am	9:45am	9:45am
Nurturing Native Plants			10:00am							10:00am				
Lake McDonald Boat Tours	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm	1:30pm & 3:00pm
Oxbow Stroll				1:30pm				1:30pm	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm
Apgar Campground Ranger Talk			8:00pm						8:00pm	8:00pm		8:00pm	8:00pm	8:00pm
Avalanche Campground Ranger Talk								8:00pm			8:00pm			
Fish Creek Campground Evening Program				8:00pm				8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm
Lake McDonald Lodge Evening Program						8:00pm		8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm

Discovery Cabin

Touch a grizzly bear’s claws, feel a wolf’s amazing coat, and wear an elk’s antler! Rangers will help the whole family learn about the fascinating adaptations that Glacier’s predators and prey have to survive in their habitats. Stop at the Apgar Visitor Center for directions then follow the “wolf tracks” to the cabin.

Avalanche Lake Hike

Discover how the power of water and geologic forces has shaped this unique environment on the way to glimmering Avalanche Lake. This hike gains 500 feet over 2 miles. Participants should wear hiking shoes and bring water and a snack or lunch to eat at the lake. Meet at the roadside parking lot, across from Avalanche Campground.
4 miles (6.4km) - 3 ½ hours

Fire in Glacier Walk

Hike over rolling terrain and explore the Robert Fire of 2003 to discover the vital role wildland fire plays in the Crown of the Continent Ecosystem. Meet at the Rocky Point trailhead 0.2 miles north of the Fish Creek Campground on the Inside North Fork Road. 2 miles (3.2km) - 2 hours

Apgar Family Program

Small or tall, child and young-at-heart - everyone is invited to join us for this hands-on exploration of the wonderful world of Glacier. Meet at the Apgar Discovery Cabin for a fun-filled experience. 45 minutes

Nurturing Native Plants

Join us for a close-up look at how plants are grown in our Native Plant Nursery to be used in revegetation projects around the park. Meet on the front steps of park headquarters just outside the West Entrance. 1½ hours

Oxbow Stroll

Join us for a casual afternoon stroll through the diverse habitats along lower McDonald Creek and discover why Glacier National Park is world famous for its biological diversity. Meet in front of the Apgar Visitor Center. 1.5 miles (2.4km) - 2 hours

Lake McDonald Boat Tours

Cruise the dancing waters of Lake McDonald and enjoy a sampling of Glacier’s stories while aboard the historic DeSmet. Meet at the dock behind Lake McDonald Lodge. Arrive 15 minutes early to pay the fee charged for the boat trip. 1 hour

Apgar Campground Ranger Talk

Join us at the Apgar Campground Amphitheater for an exploration of Glacier’s natural and cultural history. Bring the family and your questions for an interesting look at this incredible place. 45 minutes

Avalanche Campground Ranger Talk

Lions, lake trout and bears. . .and the occasional moose! Meet at the Avalanche Campground Amphitheater for a traditional ranger talk on topics of interest to park visitors. 45 minutes

Fish Creek Campground Evening Program

Sit back, relax and discover the diversity of Glacier through these illustrated programs. Park Rangers cover topics ranging from bears to birds, history to seasonal changes and much more. Meet at the Fish Creek Campground Amphitheater. 45 minutes

Lake McDonald Lodge Evening Program

Meet in the Lake McDonald Lodge Auditorium for these illustrated programs on the many wonders of Glacier National Park. These programs are free and everyone is welcome. 45 minutes



Mule Deer & Trillium

NPS photo



Lake McDonald from Apgar Village

photo by Cathy L. Johnson - Nashville, TN

St. Mary														
	Sunday June 14	Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19	Saturday June 20	Sunday June 21	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27
St. Mary Lake Boat Trip & Hike to Baring and St. Mary Falls								10:00am	10:00am	10:00am	10:00am	10:00am	10:00am	10:00am
Native America Speaks												8:00pm		
Rising Sun Campground Program					8:00pm			8:00pm		8:00pm				8:00pm

St. Mary Lake Boat Trip & Hike to Baring and St. Mary Falls
Enjoy rugged mountain scenery and spectacular views as you cruise on St. Mary Lake. Join a Park Ranger to take a closer look at evidence of the power of ice and water. Take the optional 3-mile round-trip hike to Baring and St. Mary Falls and catch a later boat back. Purchase tickets at the Rising Sun Boat Dock, 6 miles west of St. Mary on the Going-to-the-Sun Road.
3 miles (5km) - 3.5 hours

Native American Speaks Program
Members of the Blackfeet Indian Nation will present stories and/or songs about their cultural history and traditions. Meet at the Rising Sun Campground Amphitheater. **45 Minutes**

Rising Sun Campground Ranger Talk
Experience a National Park tradition by attending an outdoor Ranger-led talk. Meet at the Rising Sun Amphitheater. **45 minutes**

St. Mary Visitor Center Videos
Two videos are shown in the auditorium throughout the day. An informative film about the building of the Going-to-the-Sun Road and the current rehabilitation project, “*Preserving a Landmark in the Sky*” is shown at 10:00am, Noon, 2:00pm & 4:00pm. At other times, on the hour and half hour, “*Glacier National Park: Land of Many Journeys*” is presented. This Discovery Channel production helps visitors experience the ecological, geological, and cultural wonders of Glacier National Park

Both films are captioned and assisted listening devices are available at the Information desk. They are also compatible with T-switch hearing aids.



St. Mary Lake & Swiftcurrent Motor Inn



photos by David Restivo

Many Glacier														
	Sunday June 14	Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19	Saturday June 20	Sunday June 21	Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27
Early Morning Bird Walk									7:00am					
Grinnell Valley Hike								8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am
Heart of Glacier Hike		8:30am	8:30am		8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am
Red Rock Falls Hike							9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am
Nature Walk		2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm	2:00pm
Historic Hotel Tour		4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm
Scope it Out!								5:30pm to 7:15pm	5:30pm to 7:15pm	5:30pm to 7:15pm	5:30pm to 7:15pm	5:30pm to 7:15pm	5:30pm to 7:15pm	5:30pm to 7:15pm
Many Glacier Campground Ranger Talk								8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm
Many Glacier Hotel Evening Program		8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm	8:00pm
Native America Speaks										8:00pm				

Early Morning Bird Walk
Early morning is the best time to see and hear the songbirds of the valley. Meet at the boat dock behind the Many Glacier Hotel. Bring binoculars and a field guide.
1 mile (1.6km) - 2 hours

Grinnell Valley Hike
Learn about the geology of the Grinnell Valley as you explore this often photographed landscape. Meet at the Many Glacier Picnic Area (Grinnell Glacier trailhead).
Approximately 8 miles (12.8 km) - about 6 hours

Heart of Glacier Hike
Discover the treasures of Glacier’s interior on a moderately strenuous hike to Iceberg Lake or one of the other unique areas in the heart of Glacier. Check at the Many Glacier Ranger Station or Many Glacier evening programs the day before to find out our destination. Meet the ranger at the Swiftcurrent Motor Inn porch.
Approximately 10 miles (16km) - about 6-7 hours

Red Rock Falls Hike
Find evidence of wildlife, fire, and geological processes during this moderate hike in the breathtaking Swiftcurrent Valley. Meet the ranger at the front porch of the Swiftcurrent Motor Inn.
3.5 miles (5.6km) - 3 hours

Nature Walk
Enjoy the changing display of wildflowers and learn about what makes Glacier a special place as you walk to Wilbur Falls and Fishercap Lake. Meet at the Swiftcurrent Motor Inn porch.
1 mile (1.6km) - 1 hour

Historic Hotel Tour
Join a ranger for a tour of the historic Many Glacier Hotel and learn about its history and restoration. Meet in the hotel lobby. There will be some walking and stairs.
1 hour

Scope it Out!
A Watchable Wildlife Activity
Drop by and use our spotting scopes to scan the slopes for wildlife as a park ranger answers questions about Glacier National Park’s wildlife. We’re set up in the parking lot of the Swiftcurrent Motor Inn from 5:30 to 7:15 nightly.

Many Glacier Campground Ranger Talk
Join a park ranger at the Many Glacier Campground Amphitheater to learn more about what makes Glacier a special place.
45 minutes

Many Glacier Hotel Evening Program
Meet downstairs in the Lucerne Room of the Many Glacier Hotel for an evening slide program on the wonders of Glacier National Park. All park visitors are welcome. **45 minutes**

Native America Speaks Program
Members of the Blackfeet Indian Nation will present stories and/or songs about their cultural history and traditions. Meet at the Many Glacier Campground Amphitheater. **45 minutes**